



**“Eating healthy helps me feel  
a lot better about myself.”**

After I was diagnosed with heart disease, I changed my diet — and my husband did, too. Now, we eat more fruits and vegetables, we eat smaller portions, and we try to watch the fat. That’s helped us get in better shape and given us more energy as we go about our day. Try it yourself. Every day, eat healthy, well-balanced meals. You’ll be glad you did.

**Live Like Your Life Depends On It.**

**Live Well**

MESSAGE ALLIANCE



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